

# Research effects of CPR performed by bystanders and more

*Kari B. Haley, Medical College of Wisconsin*

**A**s a recipient of a Wisconsin Medical Society Foundation Summer Fellowship in Government and Community Service, my objectives were to learn more about how the Milwaukee County Emergency Medical Services (EMS) system works, have the opportunity to perform research, and meet mentors who could help guide me toward my ultimate career goal of being an academic emergency medicine physician. My experience provided me with the opportunity to accomplish all of this and more.

During my fellowship last summer, I conducted a study titled “Case study of cardiopulmonary resuscitation (CPR) performed by bystanders on patients who are not in cardiac arrest.” This project aimed to determine the frequency of misidentified cardiac arrest within the Milwaukee County EMS system from 2003-2009 and to quantify and characterize deleterious effects a person who is not in cardiac arrest may experience from receiving CPR.

I gathered both EMS data and hospital data for all patients who fit this criteria and am currently working with E. Brooke Lerner, PhD, and Ronald Pirrallo, MD,

MHSA, to analyze the data and prepare a manuscript. Our abstract was accepted to the National Association of Emergency Medical Service Physicians annual meeting in January 2010, where I presented a poster highlighting our work. I also presented at the Medical College of Wisconsin medical student research poster session.

My fellowship also gave me the opportunity to participate in a program of the Injury Research Center at the Medical College of Wisconsin where I learned more about the burden of injury in Milwaukee County and how physicians, community organizations, law enforcement and politicians can work together to help reduce this burden. Additionally, I was able to participate in a disaster drill for Milwaukee County and Froedtert Hospital, shadow Dr Pirrallo in the emergency department at Froedtert Hospital, observe an Institutional Review Board full committee meeting at the Medical College of Wisconsin, and observe Milwaukee County EMS during an ambulance ride-along. Finally, the fellowship allowed me to meet and interact with emergency medicine physicians, paramedics, trauma sur-

geons, and others involved with the system of care for patients who suffer from injury.

Beyond having a better understanding of what it means to be involved in emergency medicine and how to conduct a research study, I learned an entirely new way of thinking about injury and how people cope with it, both in the medical field and at-large in the community. I have a better understanding of the coordination and cooperation involved in establishing a system of care that ranges from pre-hospital interventions to rehabilitation.

The Wisconsin Medical Society Foundation Summer Fellowship in Government and Community Service gave me the opportunity to get involved in my chosen career early in my medical education. I’ve gained knowledge of life beyond medical school and have experienced examples of how I may combine medical care, research, and community involvement in my future career. Most importantly, the experience reenergized my desire to reach high during the rest of my medical education so I can achieve my goals and apply what I have learned.

The goal of the Wisconsin Medical Society Foundation’s Summer Fellowship in Government and Community Service Program is to provide medical students a public health research opportunity within a Wisconsin community. The experience exists to educate students about ways in which the medical profession can work to improve health through connections to both community organizations and government. Each student receives a \$3500 stipend. The fellowships require the support of donors to make the experi-

ence possible and physician mentors who help guide and foster students’ projects.

In 2009, the Foundation provided 6 fellowships, which will be highlighted in the *Wisconsin Medical Journal* throughout the year. For more program information and sponsorship opportunities, please contact Foundation Executive Director, Rebecca Thompson, CPA, at [rebecca.thompson@wismed.org](mailto:rebecca.thompson@wismed.org).

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